



Central Montcalm Upper Elementary

K-5 Meal Pattern

Updated

1/1/2025

Menu items subject to change without notice

All students must have a 1/2 cup fruit or vegetable with their meal

Whole Fruit also available daily

**BREAKFAST**  
Served Daily  
Free to all students

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Muffin	Pancakes or Fr Toast	Cereal w/ Goldfish	Mini Cinni or Bagelful	WG Donuts
100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
Milk	Milk	Milk	Milk	Milk (Pizza-1st Friday of month)

**LUNCH**  
Served Daily  
Free to all students  
  
2nd Choice Daily:  
PBJ/Cheese/Crackers

**WEEK**

Salad Bar available containing fresh and canned fruits and vegetables

OF:	L	U	N	C	H
1/6/2025	Bosco Sticks/Sauce	Chicken Nuggets	Doritos Tacos	Cheeseburger/Bun	Calzone
2/3/2025	Applesauce	Oranges	Pineapple	Grapes	Peaches
3/3/2025	Celery/Carrots	Potatoes	Refried Beans Romaine	Cucumber/Tomatoes	Broccoli

	L	U	N	C	H
1/13/2025	French Toast/Sausage	Chicken Tenders	Hot Dog/Bun	Ravioli/Cornbread	Pizza
2/10/2025	Applesauce	Oranges	Pineapple	Banana	Pears
3/10/2025	Celery/Carrots	Potatoes	Baked Beans Romaine	Cucumber/Tomatoes	Broccoli

Staff \$5.15

	L	U	N	C	H
1/20/2025	Macaroni & Cheese	Chicken Nuggets	Soft Shell Tacos	Chicken Patty/Bun	Pizza Crunchers
2/17/2025	Applesauce	Oranges	Pineapple	Grapes	Peaches
3/17/2025	Celery/Carrots	Potatoes	Refried Beans Romaine	Cucumber/Tomatoes	Broccoli

	L	U	N	C	H
1/27/2025	Pancakes/Sausage	Chicken Tenders	Corn Dog Nuggets	Spaghetti/Breadstick	Pizza
2/24/2025	Applesauce	Oranges	Pineapple	Banana	Pears
	Celery/Carrots	Potatoes	Baked Beans Romaine	Cucumber/Tomatoes	Broccoli

FOR MORE  
INFORMATION  
OR ASSISTANCE, CALL:  
Amy Main  
Food Service Director  
989-831-2106

Reduced fat condiments available: ranch, ketchup, bbq, mustard  
Daily Choice of 1% White or Chocolate milk  
We use whole grain rich products

CM Wellness Policy found at [www.central-montcalm.org](http://www.central-montcalm.org)  
*This institution is an equal opportunity provider.*